

VOL 3
APR 2013

NHCL

Naval Hospital Camp Lejeune

Scuttlebutt



Director for Research Cmdr. Linda Chan takes the vital signs of a simulated patient during a tour through East Carolina University's Brody School of Medicine as part of a visit to learn about ECU's Operation Re-Entry North Carolina program April 2 to discuss potential opportunities for training, education, research and partnership.

U.S. Navy photo by Anna Hancock

Success in Exceeding the Mission



Master Chief (AW/SW)
Edward Moreno
Command Master Chief

We measure success in many different ways. Here at the hospital, we consider ourselves successful when we provide safe patient care. Or when patients tell us they feel relief from the problematic symptoms that brought them to us in the first place. Back when I served in the air wing, we often thought of success every time a helicopter would touch down safely after a training mission.

The longer I serve in the Navy, I find myself redefining success relative not to what my tangible

accomplishments are, but how often I continue to grow and how I challenge myself to make things better. I no longer think I'm successful for meeting the mission, but when I exceed the mission or improve the mission. To me, it is no longer good enough to be successful, but to look at how I can sustain success. If you can picture it, the line drawn for success moves beyond a straight line from start to finish, to more of a continuous upward angle marked with stepping stones along the way.

We have numerous organizations within our own four walls that demonstrate our willingness to continue growing and accept challenges that to me, demonstrate success. In keeping with the spirit of the 120th birthday of the Chief Petty Officer (CPO) April 1, I'll talk to you for a few minutes about how the Chief's Mess exemplifies success daily. They are a perfect example of how they fulfilled their mantra of Zeroing in on Excellence with how they recommended improvements to the recently revitalized Chief Petty Officer training program CPO 365.

A little more than two years ago, the CPO training program made a dramatic transformation. A six-week, Navy time-honored tradition that concluded with a pinning ceremony for the First Class Petty Officer became a year-round effort. Three hundred and sixty five days of training, marked by two phases, that reflects good order and discipline, mentorship, teamwork and ensuring the first class Sailors are brilliant on the basics. This transformation exemplified the Navy's belief that developing leaders is a year-round process, not just a moment in time culminated by an induction ceremony.

It is inherent that the Navy Chief is known for being experts on execution and on the mission. To some of my chief selects, success may still be measured by surviving the capstone event during CPO 365, but well before they hit that 18th hour or before they've earned their anchor, I always encouraged them to start thinking about how they can improve the experience for next year's first classes. And they did. Our Chiefs took initiative to improve CPO 365 by recognizing the importance

of understanding every area of the hospital, not just the area they lead. We now include opportunities to learn the business of the hospital and become better aware of the interdependence between every area of this hospital so that we understand how one area supports the other. Yes, success is about how we can Zero in on Excellence, and equally as important, we should all ask ourselves how we can we work together to sustain it. In this case, sustaining excellence meant improving CPO 365 for next September's shipmates.

I'll close with this. As a team of civilians, contractors, Sailors and volunteers, we are successful when we improve the culture and climate of the command. When we facilitate an environment for our team to grow. When we meet the mission and exceed expectations. And when we get people feeling more comfortable about feeling uncomfortable, which is sometimes the feelings that improvements, change and therefore success brings.

In the Navy, we chose to be part of something bigger than ourselves. Let's continue to look beyond ourselves and beyond our daily routine and recognize that sometimes in order to be successful that means asking why, questioning things and doing more instead of carrying out the status quo. Whether that means stepping outside of our job requirements to become part of our Diversity Committee, the Executive Experience Committee or the Civilian Advisory Council, or that we care for our patients by anticipating questions rather than waiting to be asked, let's work together to see how we can sustain excellence.

 www.facebook.com/nhclejeune

scut·tle·butt

n.

1. Slang for spoken communication; through the grapevine

2. Nautical

a. A drinking fountain on a ship; gathering place

b. A forum for NHCL staff and beneficiaries to get 'insider info'

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NHCL Names Members of the Year



Officer of the Year

Lt. Lisa Cook

**Patient Administration
Department**



Senior Sailor of the Year

**Hospital Corpsman 1st Class
Kelton Mathis**

Pharmacy



Junior Sailor of the Year

**Hospital Corpsman 2nd
Class Joseph Williams**

Labor and Delivery



Blue Jacket of the Year

**Hospitalman Michael Alvarez
Laboratory**



Civilian of the Year (Cat I)

Donna Jackson

**Hadnot Point Branch
Medical Clinic**



Civilian of the Year (Cat II)

Edith LaFrazier

Human Resources Department



Contractor of the Year

Eugene Pankey

Case Management Department

Bravo Zulu!

Edwards Awarded by Second Division Commanding General



U.S. Navy photo by Hospitalman Matthew Heefner

By Anna Hancock | Deputy Public Affairs Officer

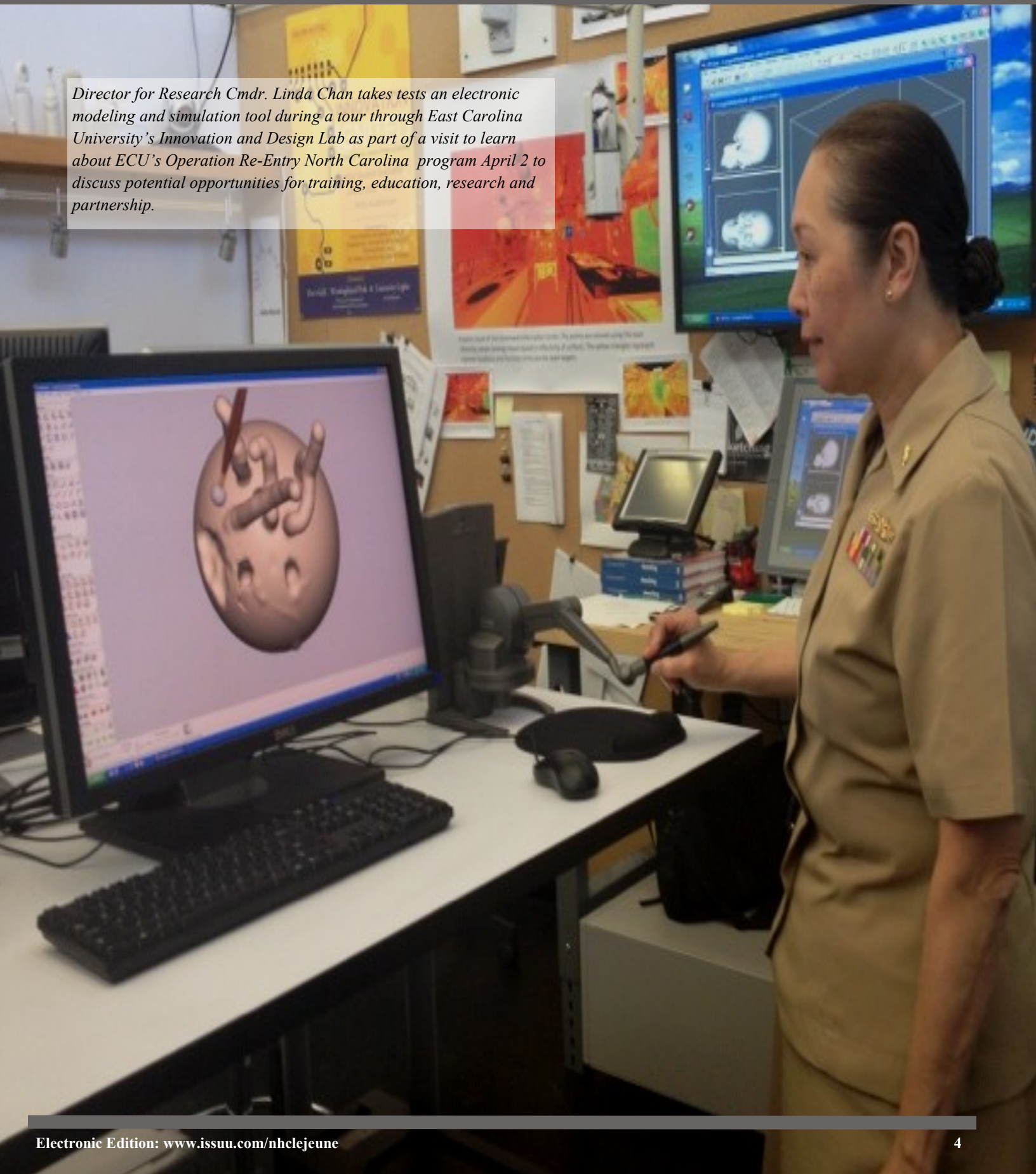
Regina Edwards, a licensed clinical social worker for Naval Hospital Camp Lejeune's Virginia Dare Behavior Health Annex was presented with a letter of appreciation from Brigadier Gen. James W. Lukeman, commanding general, 2nd Marine Division on March 5 in the Annex's courtyard.

The presentation ceremony was attended by Lt. Col. Patrick W. McCuen, commanding officer, 2nd Assault Amphibian Battalion (2D AAB) who read the award citation recognizing Edwards for her compassion, professionalism and clinical expertise that led to the immediate protection of a 2D AAB Marine.

"The courage of the service members and their resiliency inspires me," explained Edwards. "In addition, this is the most polite and appreciative population I have ever had the honor to counsel."

NHCL Seeks Partnerships, Tra

Director for Research Cmdr. Linda Chan takes tests an electronic modeling and simulation tool during a tour through East Carolina University's Innovation and Design Lab as part of a visit to learn about ECU's Operation Re-Entry North Carolina program April 2 to discuss potential opportunities for training, education, research and partnership.



Training Opportunities for Staff

Leadership Visits ECU to Pave Way Forward

By Anna Hancock
Deputy Public Affairs Officer

Cutting-edge research, innovative training and community development were amongst the topics of discussion between leaders from Naval Hospital Camp Lejeune (NHCL) and representatives from East Carolina University's Operation Re-Entry North Carolina (ORNC) program April 2 in Greensboro, N.C. on the ECU campus.

Recognizing opportunities for growth and partnership, the visit served as an information exchange and demonstration of capabilities. Leaders from both teams discussed how joint efforts between a prestigious educational institution and the primary medical facility on the largest Marine Corps base on the East coast could lead to safer patient care, innovative research to help the wounded, ill and injured and overall medical readiness for the Marines and Sailors aboard Camp Lejeune and New River.

"ECU has a deep bench in most clinical and nursing specialties and subspecialties," explained NHCL's Commanding Officer Capt. David A. Lane. "Our staff will gain from enhanced education, and training opportunities offered at ECU...as well as skill maintenance and sustainment and possibly even telemedicine."

The day began at the campus' Psychophysiology Lab and Biofeedback Clinic where Dr. Carmen Russoniello and three ECU students demonstrated their research on Biofeedback and casual video gameplay in wounded warrior recovery. Biofeedback is a medical technique that employs a medical device to monitor an automatic body function with the intent to teach the individual to control the function. NHCL's Marine and Sailor Concussion Recovery Center (MSCRC) and additional outpatient clinical areas regularly provide biofeedback to patients as part of their recovery care plans, but the research conducted about video games and biofeedback by ECU students demonstrates the unique and population-relevant research NHCL leaders are open to exploring.

"The intellectual thought and rigor put into doing the studies makes for better patient care," explained Lane. "In general, teaching and research elevates everyone's game at a medical facility and makes the whole institution better, more capable."

The morning continued with a tour of ECU's Innovation and Design Lab where students presented their work in eye tracking, virtual gaming technology and three dimensional prototyping. The teams spent the afternoon discussing cutting-edge training opportunities with the university's Brody School of Medicine and School of Dental Medicine using simulated medical models, virtual training and community engagement. They discussed the possibilities of implementing telemedicine between the two medical facilities to

decrease the cost of specialty care and help bring the specialty and subspecialty services of a medical center, like Vidant at ECU, closer to NHCL.

Since 2012, NHCL has hosted representatives from ECU via ORNC including the College of Nursing and the Department of Nutrition within the College of Human Ecology. Together, according to Lane, the teams have collaborated to discuss how to improve hospital nutrition management operations and patient care in the MSCRC. Most notably, ECU and Vidant Medical Center medical experts and educators were involved in the planning for NHCL's Special Care Nursery Neonatal Intensive Care Unit and conducted expert training for NHCL nurses to practice safe and effective care of 32 week preterm neonates. Lane continued to explain the exchange of ideas to improve specialized pediatric medical care such as Electroencephalogram (EEG) tests after a seizure event.

"Ultimately, the collaboration between NHCL and ECU will not only improve the quality of care for our patients, but any opportunity to work cross service with the Army, Veterans Affairs, Navy and Marine Corps brings us closer to the overall readiness mission for our staff members, the Marines and their families. We want to get rid of redundancies by sharing and collaborating to improve the work each other has done," noted Lane.

Funded by the Army, ORNC is a university-wide initiative to address the rehabilitation and re-entry concerns of military personnel, veterans and their families. The overall goal of ORNC is to develop and expand partnerships with military and veterans organizations.

NHCL has 60 active partnerships with educational institutions to improve training, education, patient care and ultimately readiness. The Naval Hospital's Staff Education and Training (SEAT) department plays a vital role in ensuring staff members have access to a wealth of opportunities in a variety of learning formats – on the job training, virtual, on-site or computer-based.

"Our education and training programs range from art therapy, to pharmaceutical to anesthesia and everything in between," noted Lt. Cmdr. Lorrie Meyer, SEAT department head. "We have partnerships with high schools, universities and community colleges. There's so much students and staff can gain from our partnerships."

Lane seconds that notion.

"We can always benefit by our collaboration with ECU and any other educational institution," said Lane. "Our staff can work at ECU alongside their staff and do more procedures that we may not do very often here. So when we need to do them, we're competent and current. It is vital that we are fully trained and current to perform in one's specialty."

HOSPITAL ROUNDS

Women's Leadership Panel Inspires Command



U.S. Navy photo by Hospitalman Matthew Heefner

Women leaders chosen from around Naval Hospital Camp Lejeune discuss leadership, responsibility and diversity with NHCL staff members during a women's empowerment panel March 15 in the hospital galley. Sponsored by the Diversity Committee, women shared their stories about serving in the military as a minority. Pictured left to right: Capt. Anne Swap, Senior Chief Danielle Saunders, Athena Moy, Senior Chief Hospital Corpsman Shannon Dittlinger, Ensign Lecia Kolaszewski, and Senior Chief Religious Program Specialist Chasity Morales.

Navy Downeastr' Coming Soon

Navy Reunion right around the corner! The 36th Annual Retired Navy Downeastr' is scheduled for April 27 at noon. The event will be held at the Jacksonville Disabled Veterans Facility, 300 Sherwood Road, Jacksonville, NC. Contact Bob Huemme, retired Command Master Chief, at 910-455-1407 to purchase tickets and for more information. This annual event is the largest retired Navy event on the east coast and is attended by retired Chiefs and Officers from across the country.

DBC Muds It Up



Courtesy photo

Naval Hospital Camp Lejeune's Directorate of Branch Clinics provided dual-support March 16 during the Marine Corps Community Services 5-mile Mud Run aboard Marine Corps Base Camp Lejeune. Personnel of HM3 Wayne Caron Clinic staffed first aid stations while Camp Johnson Clinic entered as participants in a grueling course built by Marines from Marine Corps Engineer School. Over 300 runners completed the winding, diverse course over obstacles and streams of waist-high water and thick mud. Camp Johnson staff pictured left to right: Hospital man Angel Hildago, Hospitalman Shaquille Hill, Hospitalman Nathaniel Hardy, Hospital Corpsman 2nd Class Tara Bonilla, Sam McKeand, Hospital Corpsman 3rd Class Adams and Hospital Corpsman 1st Class Tara Gatlin, Staff Sgt. Ronel Gatlin.



Naval Hospital Camp Lejeune's Marine and Sailor Concussion Recovery Center (MSCRC) received biofeedback equipment donated from the Semper Fi Fund in January. The equipment has been used to treat MSCRC patients who experienced traumatic brain injury and have ongoing symptoms associated with altered brain function and over aroused sympathetic activation. Our MSCRC stood up in 2011 and has treated over 1,300 Marines and Sailors.

Naval Hospital Camp Lejeune's Galley hours of operation expanded!
Find out what's cooking on the command intranet.

Breakfast: 6:15 a.m. to 9:15 a.m.

Lunch: 11:00 a.m. to 2:00 p.m.

Dinner: 4:30 a.m. to 6:00 p.m.

Night Meals: 10:30 p.m. to midnight



Naval Hospital Honors Fallen Warriors

Showing Dignity, Honor and Respect

By Raymond Applewhite
Public Affairs Officer

“On behalf of the President of the United States, the United States Navy, and a grateful Nation, please accept this flag as a symbol of our appreciation for your loved one’s honorable and faithful service,” are the spoken words of the senior service member presenting the American flag during a funeral service for Sailors just prior to rendering the final salute.

The outstanding work by the Camp Lejeune Naval Hospital Honor Guard does not go unnoticed. They routinely receive praise and positive comments from family members, active duty members as well as military veterans and retirees when they participate at funerals. Honoring those who served is vitally important to surviving family members as well as to members of the hospital Honor Guard.

Since February 2011, the detail logged in a little more than 4,000 miles to perform 103 interment ceremonies. The all-volunteer, 15 member detail is headed by Chief Hospital Corpsman (FMF/CAC) Christopher Holzworth, leading chief petty officer, Directorate of Surgical Services. The enlisted Sailors range in pay grade from E-2 to E-5. The standards are very high and team members must meet stringent criteria to become a member. Members must present an impeccable appearance in uniform and must score good or higher on the physical readiness test. A clean service record is required. Applicants cannot have a record of non-judicial punishment and must have one year remaining at the command in order to be considered.

“Each funeral is a little different. We take great pride and care

to ensure that we always show dignity, honor and respect to the deceased and their family members,” said Holzworth.

A few months ago, the team left work and got dressed in their ceremonial uniform for a 360 mile round trip to perform this solemn duty. The following day was not a day of rest because they returned and resumed their normal duties the following day. The duties of the Honor Guard are many and include carrying the flag-draped casket from the hearse to the grave, folding the flag and presenting the flag to the family of a fallen loved one, while offering their deepest gratitude for their service and sacrifice.

Hospitalman Dhana Panicker has been in the Navy for only 20 months and has served on the Guard for eight months.

“Often times we do not personally know the deceased. Wearing the uniform, representing the team is the best thing about being on the Honor Guard,” said Panicker. She developed a love for performing ceremonial duties when a Navy Recruiter took her to see a performance at high school.

The senior member of the Honor Guard is in charge of the detail. They inspect the detail, oversee rehearsals and ensure that everyone is briefed in advance of the funeral. They are also responsible for ensuring that the blue field of the flag is placed at the head of the casket over the left shoulder of the deceased.

These Sailors are fine representatives of the command and Navy, who represent and uphold the proud traditions of the United States Navy. It is an honor and privilege to serve on the hospital Honor Guard.

Sailors interested in becoming members of this elite group must submit a special request via their chain of command to the Honor Guard LCPO.



U.S. Navy photo by Hospitalman Brittany Clark

Sailors from Naval Hospital Camp Lejeune’s Honor Guard pose for a photo on the hospital galley patio. Pictured in the first row left to right: Hospital Corpsman 2nd Class Glenn Tunacao and Hospitalman Dhana Panicker. Second row left to right Hospital Corpsman 3rd Class Mason Ahmed, Hospitalman Christie Hamm, Hospitalman Kalyn Bedel, Hospitalman Richard Lucero and Chief Hospital Corpsman Christopher Holzworth. Third row left to right: Hospital Corpsman 2nd Class Stephan Mitchell, Hospital Corpsman 2nd Class Mahamadou Oumarou, Hospitalman Christopher Koenen, Hospitalman Apprentice Jacob Johnson and Hospitalman Nathaniel Hardy.

NHCL Salutes April as Sexual Assault Awareness Month

By Laura NardoKunst
Sexual Assault Response Coordinator



U.S. Navy photo by Hospitalman Brittany Clark

Naval Hospital Camp Lejeune staff and Uniformed Victim Advocates dance at a flash mob organized to bring attention to sexual assault and prevention April 1 on the hospital quarterdeck.

Naval Hospital Camp Lejeune's Sexual Assault Prevention and Response (SAPR) program kicked-off its month of sexual assault awareness by organizing a command-wide "flash mob" April 1 on the hospital quarterdeck. The event, led by the Command Uniformed Victim Advocates (UVAs) wearing custom made teal t-shirts, danced to bring attention to the issue and distributed teal ribbons to staff. The event drew a crowd that watched and listened as the Commanding Officer Capt. David Lane and Command Master Chief (AW/SW) Edward Moreno spoke to staff about having the courage to step in and solve the problem of sexual assault.

If you need help or know others who do, please talk to one of our UVAs Chief Hospital Corpsman James Napier, Hospital Corpsman 1st Class Kelton Mathis, Hospital Corpsman 1st Class LaQuita McBride, Religious Program Specialist 1st Class Zachary McDonald, Hospital Corpsman 1st Class Nathaniel Cooper, Hospital Corpsman 2nd Class Jessica Smith, Hospital Corpsman 3rd Class Christopher Merkwan, and Hospital Corpsman 2nd Class Yessica Allen. Or help is available at the **command UVA helpline at (910) 378-5866**, the **installation helpline at (910) 750-5852** or the **Department of Defense Safe Helpline at 877-995-5247**.

NHCL Continues Top Gun, Navy SEAL Eye Program

By Eric Frederique and Lt. Cmdr. (Dr.) Hunter Stollendorf
Ophthalmology Clinic

Naval eye surgeons have performed tens of thousands of successful laser eye surgeries including Laser-Assisted in situ Keratomileusis (LASIK) and Photorefractive Keratectomy (PRK) to free Sailors and Marines from their glasses and contacts since the 1990's, and our success rate parallels the top civilian centers in the world. This program was started by an ex-Top Gun instructor and ex-SEAL who themselves became Navy eye surgeons. They understood the importance of excellent vision to sailors and marines in the operational environment.

Naval Hospital Camp Lejeune's (NHCL) Refractive Surgery program is designed for healthy, deployable marines that are not on limited duty. To be eligible, marines must have at least one year left on their contract at the time of surgery and be non-deployable for 30 days after LASIK and 90 days after PRK.

The journey begins with a screening exam by your local military optometrist. If your prescription is stable and your eyes healthy, your optometrist will refer you to NHCL for a preoperative exam. You will be placed on a waiting list for your preoperative exam. Your wait is largely determined by your priority level. There are four priority levels with 1 being the highest priority level. As you might expect, combat-related jobs have, for example, a higher priority level than administrative ones.

NHCL is one of the busiest refractive surgery (i.e. laser eye surgery) centers in the Department of the Navy, and we typically perform over 1,000 cases of LASIK and PRK annually. NHCL is also one of busiest, if not the busiest, centers for an alternative to LASIK and PRK called implantable contact lenses (ICL's). ICL's offer a vision-correcting solution to those patients not eligible for laser eye surgery.

Refractive surgery is one of the safest and most effective surgeries in the world, but as with any surgery it has risks. We take great pride at NHCL in ensuring that our sailors and marines have excellent outcomes and are satisfied with their care. Let us help you to decide whether or not refractive surgery is right for you.



U.S. Navy photo by Hospitalman Matthew Heefner

Jessica Athey, ophthalmic technician (left), Lt. Cmdr. Corby Ropp, ophthalmologist (middle), and Susan Collins, ophthalmic technician (right) perform PRK laser eye surgery on a Naval Hospital Camp Lejeune patient April 1.